

## ASPARAGUS WITH LEMON & PARMESAN

<b>Culinary Intro:</b>	This recipe is great for many vegetables. Use broccoli, cauliflower, or carrots in place of the asparagus.
<b>Nutrition Intro:</b>	This recipe is an excellent way to include vegetables as a side dish.

<p><b>Prep Time:</b> 30 minutes  <b>Ingredients for 4 servings:</b>  <b>Each serving = 4 ounces</b>  <b>Cost per serving= \$0.60</b></p> <ul style="list-style-type: none"> <li>• 1 pound asparagus spears</li> <li>• 1 Tablespoon extra-virgin olive oil</li> <li>• juice of ½ lemon</li> <li>• 2 Tablespoons grated Parmesan cheese</li> <li>• black pepper, to taste</li> </ul> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Preheat oven to 425°F.</li> <li>2. Wash asparagus, dry well, and trim the tough ends off (about an inch). Toss the asparagus with olive oil and black pepper.</li> <li>3. Lay the asparagus in one even layer on a baking sheet.</li> <li>4. Roast for 10-15 minutes.</li> <li>5. Remove from the oven, squeeze lemon juice and sprinkle with parmesan cheese.</li> </ol>	<b>Culinary/ Nutrition Notes for Demo:</b>	
	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• choose asparagus with thicker spears; if using thin spears, check on them after about 7 minutes</li> <li>• asparagus tastes best when cooked quickly to retain its crispness</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Asparagus are an excellent source of vitamin K and folate, and they also provide iron. They are available green, purple and white varieties.</li> <li>• Asparagus are cheaper when purchased in season or frozen; they are in season in the spring months.</li> <li>• Asparagus are rich in prebiotics (non-fermentable digestive carbohydrates) which help promote the growth of good bacteria in the gut.</li> </ul>
	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• asparagus can be cooked on the stove; heat a skillet over medium-high heat, add oil and cook asparagus, about 5 minutes, stirring.</li> </ul>
	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Parmesan is naturally salty due to the aging process</li> <li>• grate your own Parmesan vs. pre-grated deeper flavor</li> <li>• a small piece of Parmesan can produce quite a bit of grated cheese</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Extra virgin-olive oil is one of the least processed oils, especially when it is cold-pressed.</li> <li>• Extra-virgin olive oil is a rich source of monounsaturated fatty acids, the heart-healthy kind.</li> <li>• All types of oils, regardless of their fatty acid profile, contain the same amount of calories. Consuming olive oil and other types of healthful dietary fats is key to enjoying their health benefits.</li> </ul>
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**Nutrition Facts**

Serving Size 4 ounces (132g)

Servings Per Container 4

Amount Per Serving

**Calories** 90      **Calories from Fat** 50

% Daily Value\*

**Total Fat** 5g      **8%**Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol** 5mg      **2%****Sodium** 105mg      **4%****Total Carbohydrate** 6g      **2%**Dietary Fiber 3g      **12%**

Sugars 3g

**Protein** 5g

Vitamin A 15%      •      Vitamin C 25%

Calcium 10%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	
		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9      •      Carbohydrate 4      •      Protein 4

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**Clean-up/Review comments****Culinary/ Cook Once, Eat Twice:**

Leftover roasted asparagus can be added to a frittata/omelet, or mixed in a salad with garbanzo beans or brown rice.

**Nutrition:**

If you don't have asparagus available, this recipe works well other types of vegetables, for example broccoli and cauliflower.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 knife</li> <li>3. 1 bowl for trash</li> <li>4. mise en place bowls</li> <li>5. silicone spatula</li> <li>6. oven/ electric skillet</li> <li>7. oven mitt</li> <li>8. baking sheet</li> <li>9. measuring cups</li> <li>10. measuring spoons</li> <li>11. paper plates/ cups/ soufflé cups</li> <li>12. paper towels</li> <li>13. tablecloth</li> <li>14. kitchen towel</li> <li>15. gloves</li> <li>16. copies of recipe</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 pound asparagus with thicker stems</li> <li><input type="checkbox"/> 1 lemon</li> </ul>	
	<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 ounce piece Parmesan cheese</li> </ul>	
	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> black pepper</li> </ul>	
	<p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> plates, napkins, forks</li> </ul>	
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the produce intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation:</b> ½ hour</p>		